

Study of special endurance of young volleyball players of different age groups and its impact on the effectiveness of the performance of certain game actions

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Abstract

© 2017, Editura Universitatii din Pitesti. All rights reserved. The development of modern sports increasingly requires a scientific approach to the training of athletes. An important place in the system of athletes' training is their physical training, searching for new and improving existing means and methods of developing physical qualities. The purpose of the present study is to improve the methods of development and control of special endurance for young volleyball players of the age of 13-18. In the article, the issues related to studying the special endurance of young volleyball players of different age groups and its impact on the effectiveness of particular game actions are considered. As research methods, we used analysis and generalization of the data from scientific-methodological and specialized literature, pedagogical observation of training and competitive activities and analysis of work plans, and the methods of mathematical statistics. The results of the research showed that the growth of skills of young volleyball players is largely connected with the increase in the level of special endurance. The special endurance of young volleyball players is characterized by a complex of major special physical qualities and functional capabilities that are necessary for performing technical and tactical actions in the process of training and competitions with high efficiency and economy. A complex assessment of special endurance consists of the indicators of jumping, speed and gaming endurance. The speed and strength qualities and jumping endurance of young volleyball players reliably increase from 13 to 16 years. In 17-18 years, these changes in young volleyball players are questionable.

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Keywords

Athletes, Competitive activity, Physical training, Special endurance, Technical and tactical actions

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